

# STEM Programme

## Nutrition Science (Class B)

Code : HT310527

Venue : International Culinary Institute  
143 Pokfulam Road, Pokfulam, Hong Kong

Date : 10 August 2023 (Thursday)

Time : 10:00am – 1:00pm & 2:00pm – 4:00pm

Enquiries / Enrollment: 2538 2200  
ici@vtc.edu.hk

Language: English supplemented with Cantonese

Age : Aged 12-16

Fee : HK\$620

Remarks : 1) All tuition fees are non-refundable nor transferable.  
2) Certificate of attendance will be issued upon completion  
3) Programme contents and schedules are subject to change without prior notice.

### Have Fun with us!

Food is a defining aspect of our culture and identity. However, what we perceive as healthy may not necessarily be true. In the modern world, it is important to maintain a balanced diet and understand food labels in order to create a balanced diet. The latest technology will allow students to differentiate different aspects of our diet and help them become conscious food consumers.

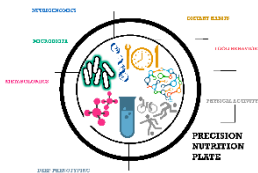
#### Programme Features:

Introduction to nutrition and the balance of diet:

- Understand key elements of human nutrition
- Identify key nutrients found in food and how much energy it provides
- Functions of key nutrients in the body
- Identify the foods in which key nutrients are found
- Food and body metabolism and immune system

#### Hands-on Experiments:

- Eat Smart
- Nutrition Decoding
- Grow Fast. What does metabolic mean to you?



Nutrition Facts	
16 servings per container	
Serving size 1 Tbsp. (21g)	
Amount per serving	
<b>Calories</b>	<b>60</b>
<b>Total Fat</b> 0g 0%	
<b>Sodium</b> 0mg 0%	
<b>Total Carbohydrate</b> 17g 6%	
<b>Protein</b> 0g 0%	
<b>Vitamin D</b> 0mcg 0%	
<b>Calcium</b> 0mg 0%	
<b>Iron</b> 0mg 0%	
<b>Potassium</b> 0mg 0%	

